

HISTORY OF HIGH SCHOOL WRESTLING  
IN IOWA

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## CHAPTER I

### INTRODUCTION

This study was concerned with the history of high school wrestling in the State of Iowa. The source of material was gathered primarily from interviews and newspaper files.

#### I. PURPOSE

The purpose of this study was three-fold: (1) to determine the origin of interscholastic high school wrestling in Iowa; (2) to present a background of interscholastic high school wrestling for boys in Iowa; and (3) to trace the change in equipment and rules in Iowa wrestling from the beginning to the present.

#### II. NEED FOR STUDY

Since the beginning of interscholastic high school wrestling in Iowa, a substantial amount of information has been available, but not compiled into organized form. This study is a source of past information of high school wrestling in Iowa for coaches, participants and other individuals interested in the sport. If such a study remains unwritten, material concerning the early years of wrestling will become difficult to locate.

### III. DEFINITIONS OF TERMS USED

Outstanding. The term outstanding refers to those participants and coaches who have won more than one state championship.

High School. The term high school includes grades nine through twelve.

Administrative Organizations. The organizations which control the rules for high school wrestling programs in Iowa; these organizations are: (1) National Collegiate Athletic Association (NCAA) Wrestling Rules Committee, and (2) the Iowa High School Athletic Association (IHAA).

Match. The term match is a contest between two wrestling teams.

Team. Teams are composed of one wrestler for each of the designated weight divisions.

Bout. A bout refers to a contest between two wrestlers.

Period. A period is one of the three time divisions in a wrestling bout.

Fall. A fall is a term used when one wrestler's shoulders are held in contact with the mat for a required

amount of time, thus ending the bout.

Catch-as-Catch-Can or Free Style. The catch-as-catch-can or free style is the style of wrestling where the wrestler is permitted to hold his opponent below the waist and to trip and tackle. He may also use that part of his body below the waist to secure scissors hold, grapevine, and combination arm and leg holds.

## CHAPTER II

### REVIEW OF LITERATURE

Wrestling is the oldest sport recorded. Gallagher and Perry state:

At the dawn of civilization, wrestling was one of the arts of war. Though savage in nature among the Egyptians and Assyrians (3,000 B.C.), it was a manly art. In scenes sculptured upon the wall of the temple tombs of Beni Hasan, near the Nile, may be found practically all of the holds and fall combinations known at the present time. Thus, we know that wrestling was a highly combative sport even at that early date.<sup>1</sup>

Wrestling was a well developed sport during the ancient Egyptian and Greek civilizations. Since this time wrestling has continued to grow in popularity throughout the world. With the recent emphasis on physical fitness programs, wrestling has become the fastest growing sport in the United States. Umbach and Johnson state that the United States has made great strides in the promotion of wrestling as a sport. According to these authors, the biggest disadvantage United States wrestlers face is in the variation of rules with the Olympics. The United States Olympic team members, therefore, are required to learn an

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<sup>1</sup>E. C. Gallagher, and Rex Perry, Wrestling (New York: The Ronald Press Company, 1939), p. 11.



entirely different set of rules.<sup>1</sup>

Due to Greek and Roman influences during the 19th century, three forms of wrestling emerged leading to the present form of free style. The Lancashire Style, which developed into the catch-as-catch-can style, required holding opponents shoulders to the ground for a period of two seconds. The Cumberland or Westmoreland Style differed from the former in that wrestling on the ground was the fundamental aspect of this form. The Devon or Cornish Style employed techniques to throw an opponent to the ground.<sup>2</sup>

Wrestling was a favorite sport and pastime to the early settlers of America. The sport, however, has only gained national prominence since 1927 when the Wrestling Rules Committee was established by the National Collegiate Athletic Association.<sup>3</sup>

Until the Civil War wrestling was strictly on an amateur basis. After the War professional wrestling became popular. The first Olympic wrestling was in 1904, with the United States winning the first free style

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<sup>1</sup>Arnold Umbach, and Warren R. Johnson, Wrestling (Dubuque, Iowa: William C. Brown Company, 1966), pp. 1-4.

<sup>2</sup>David N. Camoine, and Kenneth G. Tillman, Wrestling Methods (New York: The Ronald Press Company, 1968), pp. 3-11.

<sup>3</sup>Gallagher and Perry, op. cit., pp. 14-15.

tournament. Following World War I, high school wrestling spread to all sections of the country, except to the southwest and the southeast where it was not popular until around 1950.<sup>1</sup>

Brown and Ober, in their brief summary of the growth of wrestling, state that wrestling popularity was due to the increased inclusion in physical education programs including intramurals. These authors use the State of Pennsylvania as an example to show the growth this sport has undergone. In 1953-54, 122 schools carried wrestling as part of their varsity athletic program. In contrast, the 1959-60 campaign showed 287 high schools offering wrestling on a varsity competitive level. In seven years an increase of over 100 per cent had taken place.<sup>2</sup>

One of the reasons for the growth of wrestling as a sport is the importance it has in physical fitness. It is believed that this sport, more than any other individual or team sport, plays an important part in developing the physical fitness of its participants. In mastering

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<sup>1</sup>Arnold W. Umbach, and Warren R. Johnson, Successful Wrestling (Dubuque, Iowa: William C. Brown Company, 1953), pp. 13-18.

<sup>2</sup>Robert L. Brown, and D. Kenneth Ober, Complete Book of Wrestling (Englewood Cliff, New Jersey: Prentice Hall, Inc., 1962), p. viii.

wrestling, individuals discover the muscular function of their bodies and learn to use their bodies efficiently with co-ordination. Wrestling also serves as an excellent outlet for pent-up emotions. In recent years wrestling has expanded from high school and college to "kid wrestling" for boys ages four through twelve.<sup>1</sup>

The first intercollegiate dual match took place in 1900 between the University of Pennsylvania and Yale. The great success of this match led to the development of the Eastern Intercollegiate Wrestling Conference in 1904.<sup>2</sup>

The development of the Wrestling Rules Committee by the National Collegiate Athletic Association in 1927 was an important step in developing amateur wrestling in the United States. This organization has done much to improve the code of ethics and adapt changes which have been made to prevent injuries.

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<sup>1</sup>Camaione and Tillman, op. cit., pp. 3-11.

<sup>2</sup>Umbach and Johnson, op. cit., pp. 13-18.

## CHAPTER III

### GLIMPSES OF THE PAST

Iowa high school wrestling began several years behind the eastern seaboard states and its origin was due largely to the effort of Iowa State College, now called Iowa State University, starting the sport in 1916.<sup>1</sup>

Early Iowa high school wrestling history paralleled that in much of the Midwest. The early squads began with intramural teams with high school squads being organized shortly after World War I.

Many high schools conducted a program in wrestling with only one or two boys. Most coaches were untrained in the art of coaching wrestling and many competitors learned from touring professionals that frequented small towns in the Midwest. High schools that had full teams in the first state meet included Cedar Rapids Washington, Mason City, Fort Dodge, Valley Junction (West Des Moines), and Clarion. Other towns that had participants in the first state meet were Red Oak, Garden City, Ottumwa, Boone, Leon, Indianola, Humboldt, Geneva, Odebolt, Marshalltown, Shell Rock, East Waterloo, Eldora Training, Clinton, Ames,

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<sup>1</sup>The Predicament, February 27, 1970.

Madrid, Story City, Oskaloosa, Clarion, Dows, and Goldfield.<sup>1</sup>

The first high school dual meet was held January 16, 1920, at Fort Dodge. The meet was between Fort Dodge and Mason City, with Mason City winning twenty-four to nineteen.<sup>2</sup>

The Des Moines Register and Tribune states that the 1926-27 Iowa State High School Wrestling Tournament was the first official Iowa high school tournament, although state wrestling programs list 1921 as the earliest tournament in Iowa.

The reason for the controversey over the official tournament was that George A. Brown, the executive secretary of the Iowa High School Athletic Association, did not supervise wrestling in the 1921 season. In 1925, Brown authorized and appointed wrestling coaches N. B. Anderson of Clarion and Cleo Roberts of Ames to organize a set of rules by which the Iowa High School Athletic Association could supervise the meets. Until this time, the Association supervised all other sports.<sup>3</sup>

The state program lists Cedar Rapids Washington High School as the first state champion in 1921. In 1921

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<sup>1</sup>Statement by Ray Arnold, personal interview.

<sup>2</sup>Fort Dodge Messenger, January, 1920.

<sup>3</sup>The Predicament, February 27, 1970.

and 1922, there were two tournaments held in each of the first two years; one at Ames and one at Iowa City. Both were listed as official, depending upon where you lived, and who you wrestled.<sup>1</sup>

Table I shows that the Iowa State High School Wrestling Tournament has been held twelve years at Ames, eleven at Iowa State Teachers College (now University of Northern Iowa), seven at McElroy Auditorium in Waterloo, six at Mason City, five at both Clarion and Fort Dodge, two at New Hampton and Iowa City and one year at West Waterloo and the Veterans Memorial Auditorium in Des Moines.

Table II indicates that seventeen teams scored points in the first Iowa State High School Wrestling Tournament held at Ames in 1921. Cedar Rapids Washington High School won a decisive victory with twenty-three points, Mason City was the nearest contender with eight points and Red Oak with seven. The remaining fourteen teams that scored during the meet were Garden City, Ottumwa, Boone, Leon, Indianola, Humboldt, Fort Dodge, Geneva, Odebolt, Marshalltown, Shell Rock, East Waterloo, Lets, and Eldora. Other teams entered, but not earning points, in the 1921 state tournament were Clinton, Madrid, Ames, Story City,

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<sup>1</sup>Statement by Ray Arnold, personal interview.

TABLE I

IOWA HIGH SCHOOL WRESTLING STATE TOURNAMENT  
SITES FROM 1921 THROUGH 1970

Year	Location
1921	Iowa City and Ames
1922	Iowa City and Ames
1923	Ames
1924	Ames
1925	Ames
1926	Ames
1927	Ames
1928	Ames
1929	Ames
1930	Ames
1931	Ames
1932	Ames
1933	Iowa State Teachers College, Cedar Falls
1934	Fort Dodge
1935	Fort Dodge
1936	Fort Dodge
1937	Fort Dodge
1938	Clarion
1939	Fort Dodge
1940	New Hampton
1941	New Hampton
1942	Clarion
1943	West Waterloo
1944	Clarion
1945	Clarion
1946	Clarion
1947	Mason City
1948	Mason City
1949	Mason City
1950	Mason City
1951	Mason City
1952	Mason City
1953	Iowa State Teachers College, Cedar Falls
1954	Iowa State Teachers College, Cedar Falls
1955	Iowa State Teachers College, Cedar Falls
1956	Iowa State Teachers College, Cedar Falls

TABLE I (continued)

Year	Location
1957	Iowa State Teachers College, Cedar Falls
1958	Iowa State Teachers College, Cedar Falls
1959	Iowa State Teachers College, Cedar Falls
1960	Iowa State Teachers College, Cedar Falls
1961	Iowa State Teachers College, Cedar Falls
1962	Iowa State Teachers College, Cedar Falls
1963	McElroy Auditorium, Waterloo
1964	McElroy Auditorium, Waterloo
1965	McElroy Auditorium, Waterloo
1966	McElroy Auditorium, Waterloo
1967	McElroy Auditorium, Waterloo
1968	McElroy Auditorium, Waterloo
1969	McElroy Auditorium, Waterloo
1970	Veterans Auditorium, Des Moines

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Oskaloosa and Clarion.

The oldest wrestling tournament in Iowa is the state meet, held at Ames High School for the first time, February 5, 1921. This tournament was managed by athletic director, C. W. Mazer, a former coach at Iowa State University during the early 1900's.<sup>2</sup>

The oldest invitational wrestling tournament, conference or any other, is the Eagle Grove Invitational. This tournament originated in Burt in 1935. Two years

<sup>1</sup>Information by Ray Arnold, personal interview.

<sup>2</sup>Statement by Ray Arnold, personal interview.



TABLE II

RESULTS OF THE FIRST IOWA STATE HIGH SCHOOL  
WRESTLING TOURNAMENT HELD AT AMES, IOWA  
FEBRUARY 5, 1921

High School	Points
Cedar Rapids Washington	23
Mason City	8
Red Oak	7
Garden City	5
Ottumwa	5
Boone	5
Leon	5
Indianola	5
Humboldt	5
Fort Dodge	4
Geneva	3
Odebolt	3
Marshalltown	2
Shell Rock	2
East Waterloo	1
Lets	1
Eldora	1
	1

later Burt discontinued the sport of wrestling and Eagle Grove continued the tournament. This tournament has been held every year since 1935, with the exception of 1950, when it was cancelled because of a blizzard.<sup>2</sup>

<sup>1</sup>Article in The Des Moines (Iowa) Sunday Register, February 6, 1921.

<sup>2</sup>Article from Wright County Monitor, Supplement, November 1969.

The second oldest invitational wrestling tournament in Iowa is the Northeast Conference Tournament, which in the 1920's and 1930's consisted of Cresco, New Hampton, Osage, and Decorah.<sup>1</sup>

The North Central Conference is the oldest wrestling conference in the state. Iowa Falls began in 1923 and continued through 1930, dropping the sport for four years, then resuming wrestling in 1935. Humboldt had wrestling in 1930 then quit until 1962. Webster City wrestled in the 1941-42 season, then quit and resumed in 1964. Hampton began in 1949 and Algona in 1935, but with spasmodic schedules. Clear Lake was the last school to join the conference in 1964. The North Central Conference has accounted for one-third of the state champions in Iowa. This conference, to date, has more national champions than any conference in Iowa, plus one of only two Olympic champions, Glen Brand of Clarion. The North Central shares the quickest fall in the nation. Dick Rohrer, Clarion, pinned his Iowa Falls opponent in five seconds in the Eagle Grove Tournament.<sup>2</sup>

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<sup>1</sup>Statement by Ray Arnold, personal interview.

<sup>2</sup>Article from Wright County Monitor, Supplement, November, 1969.

The second Iowa State Wrestling Tournament was held at Ames on February 11, 1922, with over 300 boys entered. Some of the teams entered were Cresco, Fort Dodge, Ottumwa, Red Oak, Cedar Rapids, Sac City, Stanhope, Ames, Fonda, Estherville, Mason City, Boone, Van Meter, Pocahontas, Story City, Garden Grove, Stratford, Knoxville, Slater, Davenport, Clarion, Webster City, Essex, Zearing, Marshalltown, Indianola, Glidden, Shell Rock, Denison, Grimes, Rembrandt of Blairsburg, North Des Moines, East Des Moines, West Des Moines, Hampton, St. Ansgar, Humboldt, West Waterloo, Laverne, Oelwein, Council Bluffs, and Atlantic.<sup>1</sup>

The information in Table III reveals that Mason City won the Iowa State High School Wrestling Tournament at Ames in 1922 with a total of nineteen points. Defending 1921 state champions, Cedar Rapids Washington was second with fifteen points, followed by Boone with fourteen and one half. Thirteen other teams scored seven and one half points or less. These teams were Garden Grove, Ottumwa, Marshalltown, Knoxville, Fonda, Oelwein, Fort Dodge, Council Bluffs, Red Oak, Stratford, Davenport, Central City and Atlantic.

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<sup>1</sup>Statement by Ray Arnold, personal interview.

TABLE III

RESULTS OF THE 1922 IOWA STATE HIGH SCHOOL  
WRESTLING TOURNAMENT AT AMES

High School	Points
Mason City	19
Cedar Rapids Washington	15
Boone	14 $\frac{1}{2}$
Garden Grove	7 $\frac{1}{2}$
Ottumwa	7 $\frac{1}{2}$
Marshalltown	7
Knoxville	4 $\frac{1}{2}$
Fonda	4 $\frac{1}{2}$
Oelwein	3
Fort Dodge	3
Council Bluffs	3
Red Oak	3
Stratford	1 $\frac{1}{2}$
Davenport	1 $\frac{1}{2}$
Central City	1
Atlantic	1
	1

The West Waterloo High School Wrestling team has won thirteen state titles, followed by Fort Dodge with nine. Cresco and East Waterloo have each earned seven state titles and New Hampton is credited with four team championships. Three teams, Algona, Boone, and Mason City, claim three titles. Britt, Cedar Rapids Washington, Clarion, Davenport, Marshalltown, and Osage have won the state championship twice. Eight high schools (Adel, Cedar Falls, Cedar Rapids

<sup>1</sup>Article from The Des Moines (Iowa) Sunday Register, February, 1922.

TABLE IV

IOWA HIGH SCHOOL WRESTLING TOURNAMENT CHAMPIONS  
FROM 1921 THROUGH 1970

Year	High School	Class
1921	Cedar Rapids Washington	No division of classes until 1957
1922	Mason City	
1923	Boone	
1924	Boone	
1925	Boone and Marshalltown (tie)	
1926	Marshalltown	
1927	Fort Dodge	
1928	Cresco	
1929	Fort Dodge	
1930	Fort Dodge	
1931	Fort Dodge and Iowa Training, Eldora (tie)	
1932	Fort Dodge	
1933	Cresco and New Hampton (tie)	
1934	Fort Dodge	
1935	Cresco	
1936	Fort Dodge	
1937	Fort Dodge	
1938	Clarion	
1939	Cherokee	
1940	Osage	
1941	Fort Dodge	
1942	West Waterloo	
1943	West Waterloo	
1944	West Waterloo	
1945	West Waterloo	
1946	West Waterloo	
1947	Clarion	
1948	Cresco	
1949	Mason City	
1950	Mason City	
1951	West Waterloo	
1952	West Waterloo	
1953	East Waterloo	
1954	Davenport	
1955	West Waterloo	
1956	Davenport	

TABLE IV (continued)

Year	High School	Class
1957	East Waterloo	A
	New Hampton	B
1958	East Waterloo	A
	Cresco	B
1959	West Waterloo	A
	New Hampton	B
1960	East Waterloo	A
	Cresco	B
1961	East Waterloo	A
	Cresco	B
1962	Cedar Rapids Jefferson	A
	Britt	B
1963	East Waterloo	A
	New Hampton	B
1964	East Waterloo	AA
	Cresco, Crestwood	A
1965	West Waterloo	AA
	Osage	A
1966	West Waterloo	AA
	Algona	A
1967	West Waterloo	AA
	Harlan	A
1968	Cedar Falls	AA
	Humboldt	A
1969	West Waterloo	AAA
	Algona	AA
	Eldora	A
1970	Cedar Rapids Washington	AAA
	Algona	AA
	Adel	A

1

Jefferson, Cherokee, Eldora, Harlan, Humboldt and the Iowa Training School of Eldora) claim the title once.

From 1921 through 1956, there were no classification

<sup>1</sup>Official Iowa State High School Wrestling Tournament Program, February 27, 1970.

divisions for interscholastic wrestling. Starting in 1957, the information shown in Table IV indicates that Iowa High School Wrestling was divided into two classes, A and B. In 1969 a third class was added.

Continued growth and popularity of wrestling was due, in part, to the determination of early coaches and participants. Sports writers played an important part in stimulating interest in high school wrestling during its infancy in Iowa. Sec Taylor, sports writer for the Des Moines Register, and Ray Arnold, of the Wright County Monitor, were two sportswriters who promoted wrestling in Iowa.

In the 1920's many high schools had programs in wrestling. Since the Iowa High School Athletic Association did not control high school wrestling until 1925, the exact number and names of participating high schools was incomplete. Many high schools began wrestling, dropped the sport and then re-entered a few years later. A few sketches of early happenings in wrestling were related to the author by Ray Arnold.

One of Clarion's earliest instructors in wrestling was a Wright County jail inmate, who had done some wrestling at carnivals. He was released from the jail daily to assist Jimmy Jones, the Clarion football coach, who agreed to coach wrestling. Following practice the inmate was

returned to jail. In the beginning Clarion, not equipped with a mat, held practice on a grassy knoll near the school.<sup>1</sup>

In 1923, N. B. Anderson became the Clarion wrestling coach and coached the first year without a schedule of meets. A diphtheria epidemic the year before had cancelled all remaining meets and caused many schools to drop wrestling as a "germ spreading Mary". Coach Anderson continued the program, determined to organize a new schedule.<sup>2</sup>

Mr. Arnold also related another interesting incident which happened in 1928. The Clarion wrestling team left in two Model T Fords for a dual meet at Cresco, 120 miles from Clarion. They departed on a snow blowing day at 7:30 A.M. on Highway 3, East on 69 to Mason City, where they took Highway 65 to Manly. They left Manly and traveled East to Riceville where the snowdrifts became hazardous and the temperature dropped to twenty below zero, with blizzard conditions. Coach Anderson and his Clarion Cowboys hired a bobsled with a team of horses and left Riceville to what was then known as Davis Corners, approximately fifteen to eighteen miles away. With the boys running behind the bobsled the team arrived in Cresco at 8:30 P.M. The Clarion

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<sup>1</sup>Statement by Ray Arnold, personal interview.

<sup>2</sup>Predicament, February 27, 1970.



wrestlers, cold and tired from their trip, were badly defeated by Cresco that night.<sup>1</sup>

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<sup>1</sup>Statement by Ray Arnold, personal interview.

## CHAPTER IV

### PROMINENT INDIVIDUALS ASSOCIATED WITH HIGH SCHOOL WRESTLING IN IOWA

The following review of outstanding individuals includes some of the outstanding Iowa high school coaches, a few of the popular professionals that helped create interest in the sport, and a list of those Iowa high school boys who have earned national champion status.

Earl Caddock of Anita, Iowa, who was trained by Frank Gotch, was a very popular professional wrestler in the Iowa area during the 1920's. Caddock attended the first Iowa State Wrestling Tournament in 1921 as a guest of honor of C. W. Mazer, former Iowa State University coach. He spoke to all of the wrestlers and following his speech, received a standing ovation. Ray Arnold stated: "I remember Earl Caddock, very muscular, very personable in disposition, and patient with children."<sup>1</sup> Two other professionals, "Farmer" Burns and Jack Reynolds, a welter weight champion, coached the state championship Cedar Rapids Washington High School team during the 1920-21 season.

Fred Cooper, coach at Fort Dodge, dominated the

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<sup>1</sup>Statement by Ray Arnold, personal interview.

coaching scene during the 1920's and 1930's. Fort Dodge was so strong that in one period of time the team went undefeated for six consecutive years. On two occasions the Fort Dodge High School wrestling team placed second in the national tournament for high schools held in Chicago. Coach Cooper was considered one of the greatest wrestling coaches in the United States.<sup>1</sup>

The Iowa Wrestling Coaches and Officials Association, in their meeting Saturday morning, February 28, 1970, selected the following men for the first Iowa Wrestling Hall of Fame.

Art Parson started the Eagle Grove wrestling program in 1925 and retired in 1949. During his tenure, he coached such outstanding individuals as Bill Nelson, University of Arizona wrestling coach, and George Maring, University of Wisconsin wrestling coach.

Howard Barker introduced wrestling at Mason City High School in 1930 and coached there until 1957, winning over 200 dual meets and producing two state championship teams in 1948-49 and 1949-50.

Wilbur Dalzell of Dubuque, coached by Jay Bohlanger, was a place winner in the Old Western Conference in 1917-18. He started the wrestling program in the Dubuque

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<sup>1</sup>Statement by Ray Arnold, personal interview.

Senior High School in 1922, coaching there for eighteen years.

Dave Natvig, East Waterloo High School wrestling coach, had an outstanding career as a wrestler, winning two state championships and placing twice in the National Collegiate Athletic Association finals. He has produced seven state championship teams, forty individual state champions, with an overall record of 228 wins and forty-eight losses.

Dale Brand, Clarion, has been associated with wrestling for forty years, his last twenty-six years as the Clarion High School wrestling coach. Champions coached by Brand include Glen Brand, Les Anderson, and Robert Seibert. Coach Brand's overall record includes 195 wins, eighty losses and four ties.

Russ Smith, Waterloo, was the sports editor for the Waterloo Courier for twenty-one years, covering wrestling in high school, college, and the Amateur Athletic Union. In 1963 Smith was the first winner of the Bob Dellinger Award. Dellinger was sports editor for the Oklahoma City newspaper, The Daily Oklahoman, and gave this award to the outstanding wrestling writer of the year.

Ray Arnold of Clarion was broadcaster for Station KRIT in Clarion and sports writer for the Wright County Monitor. Arnold provided news coverage for the entire

state meet for six years, and once broadcast a district meet that ran seven continuous hours. He is the unofficial historian of Iowa high school wrestling for the Iowa High School Coaches Association.<sup>1</sup>

Iowa high schools have produced thirty-nine wrestlers that have earned national championships. All of the three-time national champions attended Iowa State University. Ten national champions (one or two years reign) attended the University of Northern Iowa. West Waterloo and Cresco high schools have each produced six wrestlers that have earned national intercollegiate titles.<sup>2</sup>

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<sup>1</sup>Iowa Wrestling Coaches and Officials Association Bulletin, February 28, 1970.

<sup>2</sup>Appendix A.

## CHAPTER V

### RULES AND EQUIPMENT

The wrestling style used throughout Iowa high school history is called "catch-as-catch-can" or free style. During the early 1920's, rules governing competition by high schools in Iowa were acquired from the Eastern Inter-collegiate Wrestling Conference, organized in 1904.<sup>1</sup>

The establishment of the Wrestling Rules Committee by the National Collegiate Athletic Association in 1927 was one of the greatest single happenings that influenced the development of amateur wrestling in the United States. Prior to this time there was no uniformity of rules. Since 1927, until the present, there has been only one set of rules in effect throughout the United States. The rules established by the National Collegiate Athletic Association have been followed by the Iowa High School Athletic Association with few modifications. These modifications involved weight classifications, age requirements, and length of bouts.<sup>2</sup>

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<sup>1</sup>Statement by Ray Arnold, personal interview.

<sup>2</sup>Wrestling (United States Naval Institute, Annapolis, Maryland, 1950).

In 1925 the Iowa High School Athletic Association assigned Cleo Roberts and N. B. Anderson to organize a set of rules which established the age limits and standardized the length of bouts.<sup>1</sup>

Weight classification has undergone many changes in the history of Iowa high school wrestling. From 1920 until 1928 only nine weight classes existed. During the next nine years, ten classes were wrestled and eleven classes were used from 1938 until 1949. In the 1949-50 season, ten weight classes were wrestled and then the resumption of eleven weight classes from 1951 until 1956. From 1957 until the present, twelve weight divisions have been followed, with the exception of the 175 pound weight class in years 1959 through 1964 which was optional for class "B" schools. The optional reference to the 175 pound class was for dual wrestling matches and did not apply to tournaments.<sup>2</sup>

Since the point system was originated in 1941, the high school wrestling rules have undergone periodic changes. Prior to 1941 matches could be terminated and the winner decided by a fall, accumulated riding time, or by overtime periods. If riding time failed to indicate a winner of a

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<sup>1</sup>The Predicament, February 27, 1970.

<sup>2</sup>Appendix B

match, the referee decided the outcome. The bouts in the first state meet lasted six minutes and if overtime occurred, the competitors wrestled two overtime periods; if still tied the bout ended on the referee's decision. A few years later, coins were flipped because the Association did not feel the referee should hold that much authority.<sup>1</sup>

The point system allowed a wrestler the opportunity to score by earning points for takedowns, escapes, reversals, near falls, predicaments, and points earned by penalty. Since that point system was determined, little change has taken place in the point value for each maneuver. In the 1960's, points were scored as follows:

Takedown . . . . .	2 points
Reversal . . . . .	2 points
Escape . . . . .	1 point
Predicament . . . . .	2 points
Near fall . . . . .	3 points
Fall . . . . .	5 points

Prior to 1965, the point value for the first takedown was two points and one point for each successive takedown.<sup>2</sup>

Iowa high school bouts during the 1960's consisted of three, two-minute periods. In dual meets, match ended as follows:

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<sup>1</sup>Statement by Ray Arnold, personal interview.

<sup>2</sup>"Wrestling Rules Changes," Scholastic Coach, XXXV (October, 1966), 85.



Fall . . . . .	5 team points
Decision . . . . .	3 team points
Draw . . . . .	2 team points

In tournament competition a winner must be declared by a fall, a decision of total points, or by a referee's decision in the event of a draw after having wrestled two one-minute overtime periods. The referee's decision in the early 1920's was entirely the decision of the referee working the bout; more recently the decision involves ballots by two judges along with the official refereeing the bout.<sup>1</sup>

Until 1950, weigh-ins for dual meets and tournaments were conducted one hour prior to starting time and at the site which the wrestling meet was to be held.<sup>2</sup> Since 1950 high school wrestlers have been permitted to weigh-in at the home school in the presence of an administrator. The actual time of weigh-ins has fluctuated from year to year, but is usually sometime between one hour before school convenes until noon of the day the meet is held.

Wrestling equipment and uniforms of early 1920's and 1930's have changed as the sport has gained popularity. Early uniforms consisted of cut-off overalls or physical

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<sup>1</sup>Statement by Ray Arnold, personal interview.

<sup>2</sup>Appendix C

education shorts. Later, tight fitting trunks with no tops or over-tights were the rule. In recent years, sleeveless shirts and full length tights have been mandatory. In 1969-70, head gears became part of the required uniform.

Mats used in the early years of Iowa high school wrestling were straw-filled canvas bags, with a mat cover of cotton flannel. Later mats of heavy canvas filled with horse hair, covered by a large sheet of plastic were used. In recent years the foam rubber like synthetic with all the official markings has been used.<sup>1</sup>

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<sup>1</sup>Statement by Ray Arnold, personal interview.

## CHAPTER VI

### SUMMARY AND RECOMMENDATION

This study was made for coaches, participants and other interested individuals in wrestling to use as a source of history concerning Iowa high school wrestling. To date, this information had not been written in condensed form.

The procedures followed in this study were (1) review of literature (2) interviews with coaches and other interested persons in the field of wrestling, (3) search of newspaper files, (4) compilation and organization of the data and (5) presentation of the study and recommendations.

Iowa high school wrestling officially began with the first dual wrestling meet being held January 16, 1920, at Fort Dodge. In 1921 Cedar Rapids Washington High School won the first Iowa State Wrestling Tournament.

The early squads began with intramural teams, followed by actual high school squads being organized shortly following World War I. The wrestling style that has been used throughout Iowa high school history is called "catch-as-catch-can" or free style. During the 1920's, rules governing competition by high schools in Iowa came from the Eastern Intercollegiate Wrestling Conference,

organized in 1904. In 1925 the Iowa High School Athletic Association began control of Iowa high school wrestling. Cleo Roberts and N. B. Anderson were asked to recommend a set of rules governing age limits and weight changes. The establishment of the Wrestling Rules Committee by the National Collegiate Athletic Association in 1927 was an important step in developing amateur wrestling in the United States. These rules, with modifications, have been followed since.

With the spread of high school wrestling to all parts of Iowa during the 1960's, there is a need to accumulate, review, and summarize Iowa high school wrestling history as it occurs. It is therefore a concluding recommendation by this writer that some organization, such as the Iowa High School Athletic Association, the Iowa Association of Wrestling Coaches, or a periodical published in Iowa, such as The Predicament, review and print a yearly report on Iowa high school wrestling.

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## APPENDIXES

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## APPENDIX A

## INDIVIDUAL NATIONAL CHAMPIONS

Three Time National Champions

		1947, 1949, 1950	High School
Lowell Lang:	Cornell College	1947, 1949, 1950	West Waterloo
Bill Nelson:	UNI*	1947, 1949, 1950	Eagle Grove
Keith Young:	UNI*	1949, 1950, 1951	Algona

Two Time National Champions

		1953, 1954	High School
Norwood Nalen:	Michigan University	1953, 1954	Mason City
Robert Hess:	ISU**	1932, 1933	Cresco
Bill Smith:	UNI*	1949, 1950	Council Bluffs
(Also World Olympic Champion, 1952)			Thomas Jefferson
Les Anderson:	ISU**	1958, 1960	Clarion
Ron Gary:	ISU**	1958, 1959	Eagle Grove
Gary Natvig:	West Point Army	1962, 1963	Decorah
Tom Peckam:	ISU**	1965, 1966	Cresco
Dale Anderson:	Michigan State	1967, 1968	West Waterloo
Dan Gable:	ISU**	1968, 1969	West Waterloo
Jason Smith:	ISU**	1969, 1970	Ankeny

One Time National Champions

		1928	High School
Arthur Holding:	ISU**	1928	Burt
Les Veers:	University of Iowa	1928	Cherokee
Hugh Lynn:	University of Iowa	1930	Harlan
Richard Cole:	ISU**	1931	Ames
George Martin:	ISU**	1933	Eagle Grove
Ray Chaney:	UNI*	1937	Greene
Dale Brand:	Cornell	1937	Fort Dodge
Harold Nichols:	Michigan University	1939	Cresco
Don Nichols:	Michigan University	1940	Cresco
Jerry Lehman:	UNI*	1946	Osage
Cecil Mott:	UNI*	1946	Iowa Falls
Russell Bush:	UNI*	1947	West Waterloo
Richard Hauser:	Cornell	1947	West Waterloo
Glen Brand:	ISU** (Also Olympic Champion)	1948	Clarion
Gene Leibert:	UNI*	1952	Cresco
Jim Hahn:	UNI*	1953	West Waterloo
Richard Goldvig:	University of Iowa	1954	Britt
Simon Roberts:	University of Iowa	1957	Davenport
Gary Kurdlemeir:	University of Iowa	1958	Cresco
Jim Craig:	University of Iowa	1959	Davenport
Mike Nissen:	University of Nebraska	1963	Mason City
Bill Dotson:	UNI*	1963	East Waterloo
Gordon Hassleman:	ISU**	1964	New Hampton
Dale Barr:	ISU**	1968	Iowa Falls
Reggie Wicks:	ISU**	1968	Decorah
Dave Martin:	ISU**	1970	Algona

\* University of Northern Iowa

\*\* Iowa State University



## APPENDIX B

## WEIGHT CLASSIFICATIONS FROM 1921 TO 1970

Year	Weight Classifications									
1920:	95,	105,	115,	125,	135,	145,	158,	175,	Hwt.	
1921:	95,	105,	115,	125,	135,	145,	158,	175,	Hwt.	
1922:	95,	105,	115,	125,	135,	145,	158,	175,	Hwt.	
1923:	95,	105,	115,	125,	135,	145,	158,	175,	Hwt.	
1924:	85,	95,	105,	115,	125,	135,	145,	158,	Hwt.	
1925:	85,	95,	105,	115,	125,	135,	145,	158,	Hwt.	
1926:	85,	95,	105,	115,	125,	135,	145,	158,	Hwt.	
1927:	85,	95,	105,	115,	125,	135,	145,	158,	Hwt.	
1928:	85,	95,	105,	115,	125,	135,	145,	158,	Hwt.	
1929:	85,	95,	105,	115,	125,	135,	145,	155,	165,	Hwt.
1930:	85,	95,	105,	115,	125,	135,	145,	155,	165,	Hwt.
1931:	85,	95,	105,	115,	125,	135,	145,	155,	165,	Hwt.
1932:	85,	95,	105,	115,	125,	135,	145,	155,	165,	Hwt.
1933:	85,	95,	105,	115,	125,	135,	145,	155,	165,	Hwt.
1934:	85,	95,	105,	115,	125,	135,	145,	155,	165,	Hwt.
1935:	85,	95,	105,	115,	125,	135,	145,	155,	165,	Hwt.
1936:	85,	95,	105,	115,	125,	135,	145,	155,	165,	Hwt.
1937:	85,	95,	105,	115,	125,	135,	145,	155,	165,	Hwt.
1938:	85,	95,	105,	115,	123,	129,	135,	145,	155,	165, Hwt.
1939:	85,	95,	105,	115,	123,	129,	135,	145,	155,	165, Hwt.
1940:	85,	95,	105,	115,	123,	129,	135,	145,	155,	165, Hwt.
1941:	85,	95,	105,	115,	123,	129,	135,	145,	155,	165, Hwt.
1942:	85,	95,	105,	115,	123,	129,	135,	145,	155,	165, Hwt.
1943:	85,	95,	105,	115,	123,	129,	135,	145,	155,	165, Hwt.
1944:	85,	95,	105,	115,	123,	129,	135,	145,	155,	165, Hwt.
1945:	85,	95,	105,	115,	123,	129,	135,	145,	155,	165, Hwt.
1946:	85,	95,	105,	115,	123,	129,	135,	145,	155,	165, Hwt.
1947:	85,	95,	105,	115,	123,	129,	135,	145,	155,	165, Hwt.
1948:	85,	95,	105,	115,	123,	129,	135,	145,	155,	165, Hwt.
1949:	85,	95,	105,	115,	123,	129,	135,	145,	155,	165, Hwt.
1950:	95,	112,	120,	127,	133,	138,	145,	155,	165,	Hwt.
1951:	95,	103,	112,	120,	127,	133,	138,	145,	154,	165, Hwt.
1952:	95,	103,	112,	120,	127,	133,	138,	145,	154,	165, Hwt.
1953:	95,	103,	112,	120,	127,	133,	138,	145,	154,	165, Hwt.
1954:	95,	103,	112,	120,	127,	133,	138,	145,	154,	165, Hwt.
1955:	95,	103,	112,	120,	127,	133,	138,	145,	154,	165, Hwt.
1956:	95,	103,	112,	120,	127,	133,	138,	145,	154,	165, Hwt.

Table continued on following page:

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B-2

WEIGHT CLASSIFICATIONS FROM 1921 TO 1970 (continued)

Year	Weight Classifications										
1957:	95,	103,	112,	120,	127,	133,	138,	145,	154,	165,	Hwt.
1958:	95,	103,	112,	120,	127,	133,	138,	145,	154,	165,	Hwt.
1959:	(Class B)										
	95,	103,	112,	120,	127,	133,	138,	145,	154,	165,	175(opt.)Hwt.
	(Class A)										
1960:	95,	103,	112,	120,	127,	133,	138,	145,	154,	165,	175, Hwt.
	(Class B)										
	95,	103,	112,	120,	127,	133,	138,	145,	154,	165,	175(opt.)Hwt.
	(Class A)										
1961:	95,	103,	112,	120,	127,	133,	138,	145,	154,	165,	175, Hwt.
	(Class B)										
	95,	103,	112,	120,	127,	133,	138,	145,	154,	165,	175(opt.)Hwt.
	(Class A)										
1962:	95,	103,	112,	120,	127,	133,	138,	145,	154,	165,	175, Hwt.
	(Class B)										
	95,	103,	112,	120,	127,	133,	138,	145,	154,	165,	175(opt.)Hwt.
	(Class A)										
1963:	95,	103,	112,	120,	127,	133,	138,	145,	154,	165,	175, Hwt.
	(Class B)										
	95,	103,	112,	120,	127,	133,	138,	145,	154,	165,	175(opt.)Hwt.
	(Class A)										
1964:	95,	103,	112,	120,	127,	133,	138,	145,	154,	165,	175, Hwt.
	(Class B)										
	95,	103,	112,	120,	127,	133,	138,	145,	154,	165,	175(opt.)Hwt.
	(Class A)										
1965:	95,	103,	112,	120,	127,	133,	138,	145,	154,	165,	175, Hwt.
1966:	95,	103,	112,	120,	127,	133,	138,	145,	154,	165,	180, Hwt.
1967:	95,	103,	112,	120,	127,	133,	138,	145,	154,	165,	175, Hwt.
1968:	95,	103,	112,	120,	127,	133,	138,	145,	154,	165,	175, Hwt.
1969:	98,	107,	115,	123,	130,	137,	145,	155,	165,	175,	185, Hwt.

<sup>1</sup>Statement by Ray Arnold, personal interview.

## APPENDIX C

## HIGH SCHOOL WRESTLING RULES

1. Weight Classification
  - a. In Championship Meets. Competition shall be divided into nine weight classes as follows:

95 lbs. and under	135 lbs. and under
105 lbs. and under	145 lbs. and under
115 lbs. and under	155 lbs. and under
125 lbs. and under	165 lbs. and under
Unlimited Heavyweight	
  - b. In Dual Meets. The same weight limits shall be used in dual meets as those indicated above except that the 95 lb. and the unlimited heavyweight classes shall be optional, and therefore shall be included only upon a mutual agreement by the competing schools.
2. No Weight Allowance. Net weight shall be required in all dual and championship meets.
3. Weighing-in Time. Contestants may weigh-in a maximum of one hour and a minimum of one-half hour before time meet is scheduled to begin.
4. Legal and Illegal Holds. In addition to holds barred in College Rule VII, Section 1 and 2, the "slam" from a standing position and the "fall-back" from the standing position are barred.

Note: The term "slam" refers to the lifting of opponent high in the air and slamming him on the mat. The term "fall-back" refers to the hard falling or jumping backward when opponent is on contestant's back in a "cross-scissors ride" or "body-scissors."
5. Bouts
  - a. Method of Conduction and Length of Bouts. (1) In all dual meet matches and in all final first place matches in championship meets, the length of bouts shall be seven minutes or eight minutes, conducted as follows: If either contestant brings his opponent to the mat and secures a position of advantage within the first two minutes of wrestling,

## HIGH SCHOOL WRESTLING RULES (continued)

the bout shall become a continuous seven-minute bout. A fall to any part of this continuous seven-minute bout terminates the match. If neither contestant secures a position of advantage before the expiration of two minutes of wrestling, the referee shall stop the bout, the remainder of which shall consist of two three-minute periods as follows:

- b. The referee shall toss a coin and the winner of the toss may elect to go behind or underneath in the referee's position on the mat at the beginning of the first three-minute bout.

The second three-minute bout shall start with the contestant who had the position of advantage at the beginning of the first bout, in the position underneath.

Should either contestant secure a fall in the first two minutes of wrestling, this terminates the match. If, however, a contestant secures a fall in the first three-minute period, the second three-minute bout shall be wrestled as though no fall had resulted in the previous bout; except in championship meets, the second bout shall end at the elapsed time of the fall in the first three-minute bout, unless previously terminated by a fall.

- c. Extra-Period Bouts. When the referee declares a dual meet match or a final first place match in championship meets as a "draw" at the end of the main bout, two extra bouts of one minute each shall be wrestled.
- d. Intermissions. (1) Three-Minute Bouts. Only such time shall intervene between the end of the two-minute period and the beginning of the first three-minute period as may be necessary for the referee to get contestants into their proper position. There shall be an intermission of one minute between the first and second three-minute bouts. (2) Two-Minute Bouts. The same rules apply in the two-minute bouts in championship meets as in the three-

# HIGH SCHOOL WRESTLING RULES (continued)

minute bouts. (3) Extra-Period Bouts. Contestants shall have a one-minute rest between the end of the main bout and the same intermission between the two extra-period bouts.

6. No Third Place Round. Only first and second place rounds shall be conducted in championship meets, and the loser in the final second-place match shall be declared the winner of third place.
7. Eligibility. Contestants shall be eligible under the rules of the State High School Athletic Association of the State in which their school is located.<sup>1</sup>

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<sup>1</sup>H. Otopalik, "Introducing Wrestling in Our Schools," The Journal of Health and Physical Education, February, 1930, p. 54.